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الوسائل المفيدة للحياة السعيدة

How to Achieve HAPPINESS

By

**Shaikh Abdur-Rahman bin
Nasir bin Abdullah As-Sa'di**

Translated by

Jalal Abualrub



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In the Name of Allâh

the Most Gracious, the Most Merciful.

“Verily, the Muslims (those who submit to Allâh in Islâm) men and women, the believers men and women (who believe in Islâmic Monotheism), the men and the women who are obedient (to Allâh), the men and women who are truthful (in their speech and deeds), the men and the women who are patient (in performing all the duties which Allâh has ordered and in abstaining from all that Allâh has forbidden), the men and the women who are humble (before their Lord — Allâh), the men and the women who give *Sadaqât* (i.e. *Zakât* and alms), the men and the women who observe *Saum* (fast) (the obligatory fasting during the month of Ramadân, and the optional *Nawâfil* fasting), the men and the women who guard their chastity (from illegal sexual acts) and the men and the women who remember Allâh much with their hearts and tongues. Allâh has prepared for them forgiveness and a great reward (i.e., Paradise).” (33:35)

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Publishers Note

All the praises and thanks are due to Allâh, the *Rubb* of the worlds, and may Allâh exalt the mention of the Prophet Muhammad, the chosen, the trustworthy, and the mention of his Household and all of his Companions.

How to Achieve Happiness, is very enlightening booklet by Shaikh Abdur-Rahman bin Nasir bin Abdullah As-Sa'di, a renowned religious scholar and an expert of Arabic language. The ultimate goal of this booklet is to understand what is happiness and how can we achieve it in the light of the Qur'ân and the *Sunnah*. There are many misunderstanding about this important issue. Every person has his own concept of happiness and every person enjoins his own ways of happiness but the author has explained the concept very politely and lightly that happiness is only in the obedience of Allâh and His Prophet Muhammad ﷺ, and consequently to enter the Paradise.

In view of its importance, Darussalam has rendered this booklet into the English language with prior permission from the author. Brother Jalal Abualrub accepted the task of translation, and performed it very well.

Finally, I am grateful to all brothers who have contributed in bringing about this valuable book. May Allâh accept our sincere efforts regarding the propagation of His religion throughout the world — *Âmin!*

Abdul Malik Mujahid
General Manager

Foreword

All thanks are due to Allâh, and may Allâh's peace and blessings be on the Last and Final Prophet, Muhammad, and on his progeny, Companions and all those who followed and obeyed him until the Day of Resurrection.

This blessed booklet titled, *How to Achieve Happiness*, explains the meaning of true happiness, which is the ultimate goal that all mankind searches for in the worldly life. There are conflicting views and opinions concerning the meaning of happiness and the ways and means to achieve it. There are those who think that happiness is achieved by collecting money and investing it. Others think that happiness is earned by having a healthy body or security and peace at home. There are those who think that happiness is acquired through collecting wealth from lawful resources and seeking beneficial knowledge, and those who believe that happiness is earned through true faith, righteous conduct and remaining firm on this path. There is no doubt that these traits are all incorporated in the general meaning of happiness, as long as they conform to the guidelines and regulations established by Islam.

There are two types of happiness: first, there is the temporary, limited, changing and finite worldly happiness. Second, there is happiness in the Hereafter, which is infinite and everlasting. Both of these types of happiness are connected to each other, as happiness in this life is only perfected by earning the complete and perfect happiness in the Hereafter, which is earned through Allâh's Pleasure by the faithful believers who fear and obey Him. Allâh the Exalted, said:

﴿مَنْ عَمِلَ صَالِحًا مِّن ذَكَرٍ أَوْ أَنَّىٰ وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهٗ حَيٰوةً طَيِّبَةً﴾

وَلَنَجْزِيَنَّهُمْ أَجْرَهُمْ بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ ﴿٩٧﴾ [النحل: ٩٧]

“Whoever works righteousness — whether male or female — while he (or she) is a true believer (of Islâmic Monotheism) verily, to him We will give a good life (in this world with respect, contentment and lawful provision), and We shall pay them certainly a reward in proportion to the best of what they used to do (i.e., Paradise in the Hereafter).” (16:97)

Hence, true and lasting happiness is earned through the obedience of Allâh, the Exalted and Most Honored, and His honorable Messenger, Muhammad ﷺ. In contrast, misery is earned through the disobedience of Allâh and His Messenger ﷺ. Allâh said:

﴿وَمَنْ يُطِيعِ اللَّهَ وَرَسُولَهُ فَقَدْ فَازَ فَوْزًا عَظِيمًا﴾ [الأحزاب: ٧١]

“And whosoever obeys Allâh and His Messenger (ﷺ), he has indeed achieved a great achievement (i.e. earned Allâh’s Pleasure and Paradise)” (33:71)

And:

﴿مِنْ أَمْرِهِمْ وَمَنْ يَعْصِ اللَّهَ وَرَسُولَهُ فَقَدْ ضَلَّ ضَلَالًا مُّبِينًا﴾ [الأحزاب: ٣٦]

“And whoever disobeys Allâh and His Messenger, he has indeed strayed into a plain error.” (33:36)

The author of this booklet is the renowned scholar, Shaikh Abdur-Rahman bin Nasir bin Abdullah As-Sa’di, may Allâh grant him His Mercy, containing the ways and means to achieve true happiness, relying on evidence from the Book (the Qur’ân, and the *Sunnah*), Prophetic traditions. The purpose behind this book is to lead towards the correct path that directs to true happiness, that every Muslim wishes and hopes for, so that the Muslim

Community at large is able to organize their life on a light and true guidance (from Allâh).

Verily, all success comes from Allâh and He guides to the best ways. He Alone is Sufficient for us and how excellent He is as Helper. May Allâh’s peace and blessing be on our Prophet Muhammad ﷺ, his progeny and all of his Companions.

Correct Faith and Righteous Deeds

Islamic Faith and performing righteous good deeds are the basis and the greatest way and means to acquire happiness. Allâh, the Exalted said:

﴿مَنْ عَمِلَ صَالِحًا مِّن ذَكَرٍ أَوْ أَنثَىٰ وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهٗ حَيٰوةً طَيِّبَةً

وَلَنَجْزِيَنَّهُمْ أَجْرَهُم بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ﴾ [النحل: ٩٧]

“Whoever works righteousness — whether male or female — while he (or she) is a true believer (of Islâmic Monotheism) verily, to him We will give a good life (in this world with respect, contentment and lawful provision), and We shall pay them certainly a reward in proportion to the best of what they used to do (i.e., Paradise in the Hereafter).”

(16:97)

Allâh states in this *Āyah* that He has promised those who combine faith and righteous actions, of having a good life in this world and excellent rewards in this life and the Last Life. There is a good reason behind this promise. Those who have correct faith in Allâh (fruits of which include performing good deeds that purify the hearts, behavior, this life and the Hereafter) have the basis and resources to rely on to deal properly with whatever they receive of happiness and delight, as well as, depression, sadness and worry. For instance, the believers receive happy and delightful bounties with acceptance and thankfulness and use them in an advantageous manner. This better conduct gives them more delight, resurrects hope in them that these bounties will remain and be blessed further, and they also anticipate Allâh’s rewards for thankful believers. This way, they earn types of goodness and blessings that outweigh the original delights and bounties they received

and which produced these fruits and traits in them.

Moreover, faithful believers receive whatever harm, afflictions, depression and sadness that befall them by resisting whatever they can resist, striving hard to lessen their impact, and observing patience for whatever they cannot repel or defy. By doing so, they acquire various types of benefits, experience and strength from resisting the effects of the afflictions. They also taste tremendous delights from patience and awaiting the rewards with Allâh, that which diminishes the afflictions and replaces them with contentment, happiness and anticipation of compensation from Allâh. The Prophet ﷺ described the believers in this authentic *Hadith*:

«عَجَبًا لِأَمْرِ الْمُؤْمِنِ إِنَّ أَمْرَهُ كُلَّهُ خَيْرٌ، إِنْ أَصَابَتْهُ سَرَاءٌ شَكَرَ فَكَانَ خَيْرًا لَهُ، وَإِنْ أَصَابَتْهُ ضَرَاءٌ صَبَرَ فَكَانَ خَيْرًا لَهُ، وَلَيْسَ ذَلِكَ لِأَحَدٍ

إِلَّا لِلْمُؤْمِنِ» [رواه مسلم]

“Amazing is the matter of the believer, for all of his affairs are good for him. If a bounty was bestowed on him, he thanks for it, and this is better for him. If an affliction touches him, he observes patience, and this is better for him, and this is only for the believer.” (*Muslim*)

This *Hadith* states that the believer’s rewards and goodness, and the fruits of his good deeds multiply when he receives bounties, as well as, when he suffers afflictions. This is why when you compare any two persons who receive a similar bounty or suffer a similar affliction, they vary greatly in the way they respond to the bounty or affliction, according to the degree of faith and righteous good deeds each one has. The believer who has good deeds in his records receives the bounty or affliction in the manner we described thankfulness and patience.